

# **Circuit Training**

**Before beginning any exercise program, consult with your doctor.**

*Circuit training is a type of interval training in which strength exercises are combined with endurance/aerobic exercises, combining the benefits of both a cardiovascular and strength training workout. (Definition provided by Wikipedia)*

## ***Beginner Workout***

**It requires a general understanding of plate selectorized equipment.**

- **Leg Press x 12**
- **Seated Rows x 12**
- **Chest Press x 12**
- **Crunches x 15 – 30 reps**
- **5 – 7 minutes of cardio of choice**
- **Back Extensions x 12**
- **Shoulder Press x 12**
- **Triceps Extensions x 12**
- **Biceps (curls) x 12**
- **5 – 7 minutes cardio of choice**

**Beginner workout should be done in succession with no breaks in between. You may try to do the entire circuit two times. The cardio efforts can be done on any of the machines (treadmill, bike, elliptical). The intensity should be aerobic in nature. Heart rate to be 65% – 85% of max. More experienced trainees can work harder or faster. Can be done up to 3x per week.**